

Tasty tuna fishcakes

SERVES 4 PREP 15mins COOK 35mins EASY

Low
saturated
fat



* if you prefer, you can substitute the tuna with 185g cooked and peeled prawns

- 450g The Co-operative Farms British Maris Piper potatoes, peeled and cut into chunks
- 198g The Co-operative skipjack tuna steak in brine, drained and flaked
- 4 salad onions, chopped
- 2 tbsp fresh parsley, chopped
- 2 lemons, 1 rind grated and juiced, 1 cut into wedges

- black pepper
- 1 medium egg, beaten
- spray oil

1 Boil the potatoes for 10-15 mins, until tender. Drain, mash and transfer to a bowl to cool.

2 Preheat the oven to 200°C/Gas 6. Put the tuna in the bowl with the potato. Stir in the salad onions, parsley and lemon rind

and season with black pepper. Mix gently to combine.

3 Fold the egg into the tuna mixture, then shape it into 4 fishcakes. Spray a non-stick baking sheet with oil and lay the fishcakes on it. Bake for 20 mins, until golden. Serve with the salad leaves and a wedge of lemon.

Calories 155	Fat 2.6g	Sat Fat 0.7g	Sugars 2.1g	Salt 0.5g
approx. per serving				

The **co-operative**
good with food